

What is claimed is:

1. A non-extendible insert for attaching, in combination with a locking assembly, a work piece to a support structure, wherein the work piece has a first passage and the support structure has a second passage which are in communication when the work piece is operatively coupled to the support structure, the insert comprising:  
an elongated body adapted for insertion into the second passage, said body having a longitudinal axis, two opposing ends, and attachment means at at least one of said opposing ends for engaging the work piece or the locking assembly when the work piece is operatively coupled to the support structure.
2. The insert of claim 1 comprising attachment means on each of the opposing ends of the insert for engaging corresponding attachment means on inner surfaces of the work piece.
3. The insert of claim 1 wherein the attachment means comprises a faceplate at one of the opposing ends of the body, generally perpendicular to the longitudinal axis of the body, and having an area larger than an opening for the second passage.
4. The insert of claim 3 wherein the faceplate engages a corresponding slot on an inner surface of the work piece.
5. The insert of claim 1 wherein the work piece includes a third passage extending forwardly in a longitudinal direction from a rear end of the work piece and the attachment means of the insert engages a slot in the third passage.
6. The insert of claim 3 wherein the faceplate aligns with a locking pin when the pin is inserted in the first passage of the work piece when the work piece and support structure are operatively coupled.
7. The insert of claim 6 wherein the faceplate has a recess for receiving an end of the lock pin extending through the first passage.
8. The insert of claim 1 wherein the elongated body comprises first and second elongated bodies for insertion into opposing ends of the second passage, the first and

second bodies having corresponding mating attachments to attach to the other of said bodies when the bodies are inserted into the second passage in the support structure.

9. A method of locking a work piece to a support structure wherein the work piece has a first passage and the support structure has a second passage which are in communication when the work piece is operatively coupled to the support structure, the method comprising the steps of:

inserting a non-extendible insert into the second passage in the support structure, the insert having an elongated body, two opposing ends, and attachment means at at least one of said opposing ends;

operatively positioning the work piece on to the support structure, thereby engaging the attachment means of the insert;

locking the work piece to the support structure wherein a lock assembly engages the insert.

10. The method of claim 9 wherein the work piece further comprises a third passage extending from its rearward end in a longitudinal direction, said third passage in communication with the first and second passages, wherein the attachment means of the insert engages a corresponding mating attachment in the third passage.

11. The method of claim 9 wherein the lock assembly includes a lock pin, the attachment means of the insert comprises a faceplate extending generally perpendicular to the longitudinal axis of the body, and has a recess for receiving an end of the lock pin.

12. The method of claim 10 wherein the attachment means of the insert comprises a faceplate extending generally perpendicular to the longitudinal axis of the body and wherein the lock assembly abuts a rear surface of the faceplate and the first passage, for retaining the work piece on the support structure.